**Week 8 – Sustained Progress, Routine Mastery, and Lifestyle Balance**

* **Medical:** Repeat bloodwork confirmed that Aarav’s iron and vitamin D levels were stable in the healthy range, with continued improvement in glucose control. The clinical focus shifted from correction to sustaining gains long term.
* **Nutrition:** Aarav maintained excellent dietary consistency. Carla emphasized food variety by introducing seasonal fruits, vegetables, and quick recipes. Aarav actively explored balancing social eating and travel with dietary discipline, gaining confidence in flexible but healthy choices.
* **Physiotherapy:** Rachel introduced dynamic balance drills and endurance training. Aarav reported feeling stronger, more agile, and increasingly confident in everyday physical activities. His stamina during routine walks and light jogging improved significantly.
* **Psychiatry & Mental Health:** Aarav set personal wellness goals extending beyond recovery, such as resuming regular running. His mindset shifted toward optimism, future planning, and sustainable self-care. Journaling reflected greater clarity and reduced stress.
* **Engagement:** Aarav demonstrated deep engagement — he expressed gratitude to the care team, experimented with new recipes, uploaded food photos, and shared longer, warmer reflections about his transformation.
* **Overall:** This week symbolized Aarav’s transition from a “patient” to a proactive athlete, mastering routines and embedding lifestyle habits aimed at lifelong wellness.

**Week 8 Table (Word-Compatible)**

| **Week 8 Key Tests** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Ferritin (Re-test) | 48 ng/mL | 30–400 ng/mL | Stable, healthy range |
| Vitamin D (25-OH) | 32 ng/mL | >30 ng/mL | Now sufficient |
| Fasting Glucose | 95 mg/dL | 70–99 mg/dL | Stable |
| HbA1c | 5.5% | <5.7% | Sustained normal |
| CRP (Inflammation) | 1.0 mg/L | <3 mg/L | Low and steady |
| Pulse Rate | 68 bpm | 50–70 bpm (resting athlete) | Strong baseline |
| PHQ-9 (Depression) | 3 | 0–4 minimal | Further improvement |
| Sleep Efficiency | 88% | >85% | Improved routine |
| Medicine Compliance | Excellent | — | Full adherence, no side effects |